Genetic Counseling Resources

Associated with Comprehensive Sickle Cell & Hemoglobinopathy Centers

Sheila Neier, MS
Children's Hospital and Medical Center
Odessa Brown Children's Clinic
2101 E. Yesler Way
Seattle, WA 98122
Message: (206) 987-7290
Appointment: (206) 987-7232 (Carol Flanagan)

Melanie Ito, MD, MS, CGC
Columbia Health Center
4400 - 37th South
Seattle, WA 98118
Phone: (206) 296-4650

Roger Fick, MS, CGC
Mary Bridge Children's Hospital & Health Center
P.O. Box 5299
Tacoma, WA 98415-0299
Phone: (253) 403-3476

Prenatal Genetics Clinics
(For pregnant women only)

Kathleen Hayes, MS, CGC
Julianna VonSchindell, MS
Evergreen Hospital
Maternal-Fetal Medicine
12040 NE 128th Street
Kirkland, WA 98034
Phone: (425) 899-2200

Robert Resta, MS, CGC
Amy Gonzales, MS
Sandra Coe, MS, CGC
Vicki Binns, MS, CGC
Nancy Hsu, MS, CGC
Deborah Dunne, MS, CGC
Perinatal Medicine
Swedish Medical Center
747 Broadway
Seattle, WA 98122-4307
Phone: (206) 386-2101

Stefanie Uhrich, MS, CGC
Leslie Carpenter, MS
Linda Knight, MS
Prenatal Genetics and Fetal Therapy
University of Washington
Box 356159
Seattle, WA 98195
Phone: (206) 598-8130

Gail Hammer, MS, CGC
Obstetrix Medical Group of Washington, Inc. P.S.
314 Martin Luther King Jr. Way, Suite 402
Tacoma, WA 98405
Phone: (253) 552-1037

General Genetics Clinics

Kathy Leppig, MD, MS, CGC
Lael McAuliffe, MS, CGC
Ute Ochs, MD
Group Health Cooperative
Group Health University Center
4225 Roosevelt Way NE
Seattle, WA 98105
Phone: (206) 634-4036
Services limited to Group Health members

Robin Bennett, MS, CGC
Whitney Neufeld-Kaiser, MS, CGC
Corinne Smith, MS, CGC
University of Washington Medical Center
Medical Genetics, Box 357720
1959 NE Pacific Street
Seattle, WA 98195-7720
Phone: (206) 616-2135

Justine Coppinger, MS, CGC
Lael Hinds, MS, CGC
Kathi Marymee, MS, CGC
Inland Northwest Genetics Clinic
2607 Southeast Blvd #A100
Spokane, WA 99223
Phone: (509) 535-2278

Sarah Hall, MS
Madigan Army Medical Center
Developmental Pediatrics
Tacoma, WA 98431-5000
Phone: (253) 968-2310
Services limited to Armed Services personnel and their dependents

Pat Cooper, PhD, CGC
Blue Mountain Genetic Counseling
St. Mary Medical Center
P.O. Box 1477
Walla Walla, WA 99362
Phone: (509) 525-1302

Susie Ball, MS, CGC
Shelly Rudnick, MS, CGC
Central Washington Genetics Program
Yakima Valley Memorial Hospital
2811 Tieton Drive
Yakima, WA 98902
Phone: (509) 575-8160
&
Genetics Program
Central Washington Hospital
1201 South Miller
Wenatchee, WA 98801
Phone: (509) 667-3350

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Hemoglobin S Trait

Information for parents about sickle cell trait

What is hemoglobin?

Hemoglobin is the part of blood that carries oxygen to all parts of the body. The usual type of hemoglobin is called hemoglobin A. Genes that we inherit from our parents determine what type of hemoglobin we have.

What is hemoglobin S trait?

Hemoglobin S trait, also know as sickle cell trait, means that your child has inherited one gene for the usual hemoglobin (A) from one parent and one gene for hemoglobin S from the other parent. **Hemoglobin S or sickle cell trait is very common and does not cause any health problems.** Your child will not need any medicine or treatment for S trait. S trait is not contagious and can never turn into sickle cell disease.

Why was my child tested for S trait?

The Newborn Screening Program screens all infants born in Washington State for certain disorders, including hemoglobin disorders. A small amount of blood was collected from your infant's heel and sent to the State Laboratory for testing. Other abnormal hemoglobin types are also detected.

If S trait does not cause any health problems, why do I need to know that my child has it?

It is important to know about hemoglobin S trait because future children in your family, or other family members, may be at risk for having sickle cell disease, a very serious disease described on the next page. People with sickle cell trait can pass the sickle cell gene to their children.

What is sickle cell disease?

Your child does not have sickle cell disease, but future children and other family members may be at risk for having it. When a person has sickle cell disease, they do not inherit any of the usual hemoglobin A; they inherit two S hemoglobin genes, one from each parent. There are other types of sickle cell disease, but this is the most common type. Sickle cell disease is a very serious illness requiring medical care. There is currently no universal cure.

What do I do now?

We strongly recommend that you and your partner have testing to determine your sickle cell status. This would provide you with information on your chances of having a future child with sickle cell disease. To have this testing done, talk to your health care provider or one of the genetic counselors listed on the back of this pamphlet. We also recommend that you share this information with teh rest of your family. They may be interested in finding out their sickle cell status as well.

What can I do if I have more questions?

If you have more questions, you can talk to your child's health care provider or you can contact the Newborn Screening Program using the information below.

Newborn Screening Program
1610 NE 150th Street
Shoreline, WA 98155
Phone: (206) 361-2902
or toll-free 1-866-660-9050
Email: NBS.Prog@doh.wa.gov
Internet: www.doh.wa.gov/nbs